

1. Activation of Abdominal/Back Muscles – Core strength

🕒 3 x 12-15 repetitions

- Purpose: Strengthening the core muscles.
- Begin by pressing hands and feet against the floor to activate the muscles.
- Move the tailbone between the legs while bringing the navel towards the tailbone.
- Keep the shoulders still throughout the movement.
- 3 x 12-15 repetitions



2. Shoulder Rotation

🕒 3 x 12-15 repetitions

- Purpose: Strengthen the back of the shoulders and upper back.
- Pull the elastic band towards the chest while bringing the shoulder blades together.
- Keep elbows at shoulder height throughout the movement.
- Move the arm up and down slowly.
- 3 x 12-15 repetitions



3. Headstand

🕒 3 x 12-15 repetitions

- Purpose: To strengthen the upper part of the neck and the abdomen/back.
- Place arms and head in a triangle, fingers facing towards the face.
- Place knees on the elbows and extend the legs.
- Maintain the position with a slight bend in the hips and knees.
- Stand on the head for 15-20 seconds before coming down with the feet on the ground.
- 3 x 12-15 repetitions



4. Hand Strength

🕒 3 x 3-6 repetitions

- Purpose: Improve finger and wrist strength.
- Stand on all four with flat hands on the ground with fingers:
- 1. Straight forward.
- 2. Towards each other.
- 3. Out to the side.
- 4. Towards the knees.
- Push the fingers into the ground and lift the palms/hands.
- 3 x 3-6 repetitions in each hand position (4 different positions).



5. Supine Leg Lowering

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the abdominal/back and hip flexors.
- Lie on your back.
- Lift your legs straight up.
- Slowly lower your legs towards the floor. Activate your core, while focusing on pressing your lower back into the floor throughout the movement.
- 3 x 8-16 repetitions



6. Side-Lying Hip Adduction

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8-16 repetitions



7. Hip Thrust

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the leg muscles.
- Lie on your back, with feet and arms on the floor.
- Lift the hips so that there is a straight line from shoulders to ankle.
- Extend one leg towards the ceiling. Move from side to side.
- Repeat with the opposite leg.
- Keep the back in a neutral position throughout the movement.
- 3 x 8-16 repetitions



8. Handstand

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back.
- Stand on your hands facing a wall.
- Keep a slight bend in the elbows.
- Bend the knees and bring the legs down towards the arms.
- Keep the legs together throughout the movement and maintain the weight over the arms.
- 3 x 8–16 repetitions



9. Push-up - headstand

🕒 3 x 8–16 repetitions

- Purpose: Strengthening the upper body.
- Stand with your hands on the floor and your hips/buttocks up towards the ceiling.
- Do a push-up.
- 3 x 8–16 repetitions



10. Toe Raises

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the calf muscles and improve knee and hip control.
- Stand on one leg with a slight bend in the knee and hip, preferably with something to support you.
- Push the balls of the feet down and raise the heel quickly.
- Lower the heel slowly while growing upwards towards the ceiling with your head.
- 3 x 8–16 repetitions



11. Squats

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the thigh muscles and improve knee and hip control.
- Stand on both legs.
- Keep hands together in front of the body.
- Sit down as if on a chair.
- Maintain a straight line from hip to knee to toe.
- Push the feet into the floor before quickly pushing up again.
- Challenge: Stand on one leg, with the free leg held in front or to the side.
- 3 x 8–16 repetitions



12. Lunges

🕒 3 x 8–16 repetitions

- Purpose: Strengthen the thigh muscles and improve knee and hip control.
- Do a forward lunge.
- Knees over toes.
- Maintain an upright posture throughout the exercise.
- Challenge: Rotate the upper body towards the front leg.
- 3 x 8–16 repetitions



1. Activation of Abdominal/Back Muscles - Strong Core

🕒 3 x 8-12 repetitions.

- Purpose: Strengthening the core muscles.
- Start by pressing hands and feet against the floor to activate the muscles.
- Move the tailbone between the legs while drawing the navel towards the tailbone.
- Place toes on the floor and lift knees off the floor.
- Keep shoulders still throughout the movement.
- 3 x 8-12 repetitions.



2. Shoulder Rotation with Shoulder Press

🕒 3 x 8-12 repetitions

- Purpose: Strengthen the back of the shoulders and upper back.
- Pull the resistance band towards the chest while bringing the shoulder blades together.
- Slowly move the forearms up.
- Extend the arms upward.
- Bend the elbows and bring the arms down.
- Stretch the arms back to the starting position.
- Keep elbows at shoulder height throughout the movement.
- 3 x 8-12 repetitions



3. Headstand

🕒 3 x 8-12 repetitions

- Purpose: Strengthen the upper part of the neck and abdominal/back muscles.
- Place arms and head like a triangle, fingers facing the face.
- Place knees on elbows, then extend legs.
- Change between lifting the arms for a total of 15-20 seconds.
- Finish by coming down with legs on the floor.
- 3 x 8-12 repetitions



4. Hand Strength

🕒 3 x 3-6 repetitions

- Purpose: To improve finger and wrist strength.
- Stand on all four with flat hands on the ground with fingers:
- 1. Straight ahead.
- 2. Fingers facing each other.
- 3. Out to the side.
- 4. Fingers toward the body.
- Press fingers into the floor, lift knees, and alternate lifting each palm off the floor.
- 3 x 3-6 repetitions in each hand position (4 different positions)



5. L-Sit with Straight Legs

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the core, back, grip, shoulders, and hip flexors.
- Hang from a bar.
- Lift legs straight up to an L-position.
- Lift straight up first, then to one side and then to the other side.
- 3 x 6-8 repetitions



6. Copenhagen Adductor Short

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the groin muscles.
- Use a partner, bench, or sling to hold/support the knee.
- Lift the body off the ground while lifting the lower leg.
- Keep the body straight throughout the movement.
- Perform the exercise at a slow pace.
- 3 x 8-16 repetitions



7. Hip Thrust With a Box

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the back of the legs.
- Lie with the upper part of the back on a bench/box and both feet on the floor.
- Lift the hips so there is a straight line from the shoulders to the knees.
- Stretch one leg up towards the ceiling. Rotate from side to side.
- Repeat with the opposite leg.
- Keep the spine in a neutral position throughout the movement.
- 3 x 8-16 repetitions



8. Handstand

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back.
- Stand on hands facing the wall.
- Keep a slight bend in the elbows.
- Move back and forth in a handstand position with the feet supported against the wall.
- 3 x 8-16 repetitions



9. Push-up

🕒 3 x 8–16 repetitions

- Purpose: Strengthen the upper body.
- Start in a plank position with a neutral spine.
- Perform a push-up.
- Engage the core and maintain a stable lower back, avoiding excessive arching.
- Push hips back toward heels between each push-up.
- 3 x 8–16 repetitions



10. Flyer and Calf Raises

🕒 3 x 8–16 repetitions

- Purpose: Strengthen upper body, posterior leg muscles, and improve knee and hip control.
- Stand on one leg with a slight bend in the knee and hip.
- Lean the upper body forward and backward to start.
- Next, push the ball of the foot down and lift the heel quickly while extending the arms overhead.
- Lower the heel slowly while growing upwards towards the ceiling with your head and lower the arms again.
- 3 x 8–16 repetitions



11. Squat Jumps

🕒 3 x 4–6 repetitions

- Purpose: Improve leg explosiveness and knee and hip control.
- Stand on both feet.
- Keep hands together in front of the body.
- Descend into a squat position.
- Maintain a straight line from hips to knees and toes.
- Push the foot into the ground before quickly jumping up.
- Try to keep the knees over the toes throughout the movement.
- Challenge: Perform the exercise on one leg.
- 3 x 4–6 repetitions



12. Lunges with a box

🕒 3 x 8–16 repetitions

- Purpose: Strengthen legs and improve knee and hip control.
- Stand on one leg, with the rear leg on a chair or box.
- Bend the front leg. As you push up, rotate towards the box.
- Rotated towards the box: Bend the front leg. As you push up, rotate back to the starting position.
- Keep knees over toes.
- Maintain an upright position throughout the exercise.
- 3 x 8–16 repetitions



1. Activation of Abdominal/Back Muscles - Strong Core

🕒 3 x 6-8 repetitions

- Purpose: Strengthen the core muscles.
- Start by pressing hands and feet against the floor to activate muscles.
- Move the tailbone between the legs while drawing the navel towards the tailbone.
- Place toes on the floor. Lift the knees off the floor and move the body 180 degrees using the arms and legs.
- Keep the shoulders still throughout the movement.
- 3 x 6-8 repetitions



2. Shoulder Rotation with Shoulder Press

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the back of the shoulders and upper back.
- Pull the elastic band towards the chest while bringing the shoulder blades together.
- Move the forearms up slowly.
- Stretch the arms upward.
- Bend the elbows and bring the arms down behind the head.
- Stretch the arms back to the starting position.
- Keep the elbows at shoulder height throughout the movement.
- 3 x 6-8 repetitions



3. Headstand

🕒 3 x 6-8 repetitions

- Purpose: Strengthen the upper part of the neck and abdominal/back muscles.
- Position arms and head like a triangle, fingers facing the face.
- Place knees on elbows, then extend the legs.
- Maintain the position with a slight bend in the hips and knees.
- Move the legs in semicircles and lift alternate arms for 15-20 seconds.
- Finish by coming back down with the legs on the floor.
- 3 x 6-8 repetitions



4. Hand Strength

🕒 3 x 3-6 repetitions

- Purpose: Improve finger and wrist strength.
- Plank position with flat hands on the floor with fingers:
 1. Straight ahead.
 2. Out to the side.
 3. Towards the body.
- Press fingers into the floor and lift alternate palm, or both, off the floor.
- 3 x 3-6 repetitions in each hand position (3 different positions)



5. L-Sit, Straight Legs

🕒 3 x 4-8 repetitions

- Purpose: Strengthen abdomen/back, grip, shoulders, and hip flexors.
- Sit on the floor with legs together and palms on the floor.
- Press palms into the floor and lift legs off the floor.
- Lift straight up first, then alternately to each side.
- 3 x 4-8 repetitions



6. Copenhagen Adductor Long

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the groin muscles.
- Use a partner, bench, or sling to hold/support around the ankle.
- Lift the body off the ground while lifting the lower leg.
- Bring the arm down and rotate the upper body toward the ground and up again.
- Try to keep the body straight throughout the movement.
- Perform the exercise at a slow pace.
- 3 x 6-8 repetitions



7. Hip Thrust from Arms

🕒 3 x 6-12 repetitions

- Purpose: Strengthen the back of the legs, arms, and core muscles.
- Hands and both feet on the floor.
- Lift the hips so there is a straight line from the shoulder to the knees.
- Stretch one leg up towards the ceiling. Rotate from side to side.
- Return and push the hips/buttocks through the arms.
- Repeat with the opposite leg.
- Keep the spine in a neutral position throughout the movement
- 3 x 6-12 repetitions



8. Handstand

🕒 3 x 30 seconds– 2minutes

- Purpose: Strengthen the shoulders and upper back.
- Place weight on your hands and lift into a handstand with your legs.
- Keep a slight bend in the elbows.
- Find your balance.
- Move your legs apart and rotate them from side to side. You can experiment with shifting weight between one arm and the other, or walk on your hands around the room.
- 3 x 30 seconds– 2minutes



9. Push-up from handstand

🕒 3 x 8–12 repetitions

- Purpose: Strengthening the upper body.
- Stand on the hands against a wall, with arms shoulder-width apart.
- Do a push-up.
- 3 x 8–12 repetitions



10. Single or double legged jumps

🕒 3 x 3–6 repetitions

- Purpose: Increase leg explosiveness and improve knee and hip control.
- Stand on one or two legs.
- Push the ball of the foot into the floor and jump up from the floor and switch feet. Tip: Turn toward the foot that is off the ground.
- Try to achieve a soft and silent landing.
- Repeat 4 times with a 180-degree body rotation. Challenge: 360-degree body rotation.
- 3 x 3–6 repetitions



11. Squats

🕒 3 x 4–6 repetitions

- Purpose: Improve leg explosiveness and knee and hip control.
- Stand on both legs.
- Keep hands together in front of the body.
- Sit down as if on a chair.
- Maintain a straight line from hip to knee to toe.
- Push the feet into the floor before quickly pushing up into a jump and rotating 180 degrees in the air.
- Try to keep the knees over the toes throughout the movement.
- Challenge: Perform the exercise on one leg.
- 3 x 4–6 repetitions



12. Lunges

🕒 3 x 8–12 repetitions

- Purpose: Strengthen and increase agility in the legs, improve knee and hip control.
- Perform a forward lunge.
- Push the toes into the floor and jump up from the floor while simultaneously turning the body 360 degrees towards the back leg (like a barrel dance step) and switch feet.
- Land on the leg that was behind and continue the exercise from the top.
- Keep arms close to the body during the jump.
- Maintain an upright position throughout the exercise.
- Try to achieve a soft and silent landing.
- 3 x 8–12 repetitions

